Basic Electronics

- [ ] Extra phone charger (CORDS!)
- [ ] Portable battery pack
- [ ] Long-lasting LED flashlight
- [ ] Small hand-cranked or battery-operated AM/FM radio (with extra batteries)

Personal Needs

- [ ] Travel-size toiletries. Don't forget your toothbrush!
- [ ] Backup eyeglasses
- [ ] First-aid kit
- [ ] Baby wipes
- [ ] Multipurpose tool (with knife and can opener)

Paperwork

- [ ] Zip-top waterproof bag for documents.
- [ ] Medicare/SS/Driver's License
- [ ] Power of attorney and will
- [ ] Marriage, adoption, or naturalization certificates
- [ ] Proof of address
- [ ] Insurance, medical, and immunization records
- [ ] Information about credit and ATM cards

Clothing

- [ ] A few days' worth of clothes
- [ ] Layers for adding/removing.
- [ ] Lightweight rain gear
- [ ] Waterproof boots

Your Meds

- [ ] A week of meds (Get one of those little daily med holders.)
- [ ] Portable versions of larger items (e.g., oxygen tank)

Food and Drink

- [ ] Energy bars or similar snacks (variety of flavors)
- [ ] Bottled water

Cash

- [ ] Enough money for a few days
- [ ] Small bills
- [ ] Rolls of quarters

Suitcase/Bag

- [ ] Suitcase with wheels or a sturdy bag (easy to carry/run with)
- [ ] Anything you can grab easily should you need to make a quick exit.

Checklist created by Nancy Oglesby based on an article in the AARP Bulletin 10/2017